

Appendix 3. Regression analysis of dose-response of weight loss (kg) and apnoea-hypopnoea index at one year [posted as supplied by author]

Table 1 Association between change in weight (0-52 weeks) and apnoea-hypopnoea index (AHI) at week 52 (n=49)

Dependent Variable: AHI at one year Unadjusted regression analyses	Coefficient	95% confidence interval	P-value
Intercept	21.4	16.0 to 26.7	<0.001
Weight change 0-52	0.42	0.11 to 0.74	0.01

Dependent Variable: AHI at one year Adjusted regression analyses	Coefficient	95% confidence interval	P-value
Intercept	5.14	-28.5 to 38.8	0.76
Weight change 0-52	0.50	0.11 to 0.88	0.01
Age	0.19	-0.19 to 0.58	0.32
Weight baseline	0.03	-0.17 to 0.23	0.78
AHI baseline	0.12	-0.04 to 0.29	0.14
Allocation ^a	0.33	-4.43 to 5.09	0.89

^a Allocated to 1st or 2nd very low energy diet group, 1= 1st very low energy diet group

Table 2 Association between change in weight (9-52 weeks) and apnoea-hypopnoea index at week 52 (n=49)

Dependent Variable: AHI at one year Unadjusted regression analyses	Coefficient	95% confidence interval	P-value
Intercept	12.7	9.9 to 14.4	<0.001
Weight change 9-52	0.58	0.17 to 0.98	0.01

Dependent Variable: AHI at one year Adjusted regression analyses	Coefficient	95% confidence interval	P-value
Intercept	7.92	-21.3 to 37.2	0.59
Weight change 9-52	0.48	0.08 to 0.87	0.02
Age	0.10	-0.26 to 0.47	0.58
Weight after very low energy diet	-0.07	-0.25 to 0.12	0.47
AHI after very low energy diet	0.40	0.12 to 0.67	0.01
Allocation	2.14	-2.08 to 6.37	0.31

^a Allocated to 1st or 2nd very low energy diet group, 1= 1st very low energy diet group